A study to assess the knowledge, attitude and expressed practices of Yoga among undergraduate nursing students of selected Nursing Institutions, Shillong, Meghalaya

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Abstract

Yoga has gained its popularity worldwide in recent year, as it is practiced by many people as a Complementary and Alternative Medicine. The practice of Yoga was originated in Ancient India, over 5000 years ago. Yoga is a mental, physical and spiritual practice which helps to fight stress, improves immune system, flexibility, health and overall personality.

Objectives of the study were to assess the knowledge of undergraduate nursing students regarding yoga, to determine the attitude of undergraduate nursing students towards yoga, to identify the expressed practices of yoga among undergraduate nursing students, to find the association of knowledge with selected demographic variables and to find the correlation between attitude and expressed practices among undergraduate nursing students of selected nursing institutions of Shillong, Meghalaya.

The research design was a descriptive cross sectional research design. The study was conducted using purposive sampling technique among 182 participants from selected nursing institutions, Shillong, Meghalaya. Structured questionnaires were used to assess knowledge, attitude scale was used to determine the attitude and semi- structured questionnaires to assess the expressed practices. The tools were validated by 6 experts.

The present study reveals that out of 182 participants, 61 have good knowledge, 117 have average knowledge and 4 have fair knowledge of yoga; regarding mindfulness 77 have good knowledge, 94 have average knowledge and 11 have fair knowledge; with regards to relaxation 140 have good knowledge, 36 have average knowledge and 6

have fair knowledge; 123 have good knowledge, 47 have average knowledge and 12 have fair knowledge on meditation. The study findings also reveal that all the participants have favorable attitude and majority of the participants has good expressed practices. The study further reveals that there is no association between knowledge and demo graphic variables as well as there is no correlation between the attitude and expressed practices.

In conclusion, majority of the participants have average knowledge on yoga and mindfulness, with regard to relaxation and meditation majority of the participants have good knowledge. All the participants have favorable attitude towards yoga and majority have good expressed practices.

Keywords: Assessment, knowledge, attitude, expressed practice, yoga, mind fulness, meditation, relaxation.

Introduction

'Yoga' is an ancient and complex practice that is rooted in Indian philosophy. It became a spiritual practice and a popular way of promoting physical and mental well-being.

A 3,000-year-old tradition, yoga, is now regarded in the Western world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine. [1]

The word "yoga" comes from a Sanskrit root "Yuj" which means union, or yoke, to join, and to direct and concentrate one's attention. [2,3] According to Yoga Sutras of Patanjali, "Yoga is calming down the fluctuations or patterns of mind".[4] Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy.[5]

Yoga philosophy and practice were first described by Patanjali in the classic text, Yoga Sutras, which is widely acknowledged as the authoritative text on Yoga. [2,6]

Yoga practices includes physical postures, breathing techniques, relaxation and meditation. Yoga is gaining prominence in improving mental health and quality of life and in the treatment of a number of psychiatric and psychosomatic disorders. It is used as a therapeutic tool for many physical and mental conditions. It can lead to reduction of stress levels and thereby preventing autonomic dysregulation. Reduction in perceived stress levels results in lesser negative feelings, anxiety and depression, improved sense of well-being and mindfulness. Nursing students of today are the nurses of tomorrow and a good nurse must be physically and mentally healthy to lead a quality life and provide standard patient care. Knowledge and practice of yoga will help the nursing students to reduce mental distress, anxiety, to relate mindfully to current internal and external stimuli and to be aware of the adjunct therapy of yoga for the betterment of their own health as well as that of their patients. In conclusion, Yoga offers com prehensive solutions for managing health as a whole.

Objective

A. Primary objectives

1. To assess the knowledge of undergraduate nursing students regarding Yoga.

2. To determine the attitude of undergraduate nursing students towards Yoga.

3. To identify the expressed practices of Yoga among undergraduate nursing students.

B. Secondary objectives

1. To find the association of knowledge with selected demographic variables.

2. To find the correlation between attitude and expressed practices of undergraduate nursing students.

Operational definitions

Yoga

Yoga is a group of physical, mental and spiritual practices or discipline based on subtle science, which aims in bringing peace between body and mind. This study includes:

• Mindfulness: In this study, mindfulness refers to the quality or state of being conscious or aware of something.

• Meditation: In this study, meditation is a practice in which an individual uses a technique such as focusing the mind on a particular object, thought or attitude.

• Relaxation: In this study relaxation is a state of mental calm and focus free from unnecessary bodily tension.

• Knowledge: Knowledge is the information gained through education or experience about Yoga by undergraduate nursing students.

• Attitude: Attitude is a way of responding positively and negatively towards Yoga.

• Expressed Practice: Expressed practice refers to the practices that the nursing student conveys in words according to their knowledge regarding Yoga.

Delimitations

The study is delimited only to the assessment of knowledge, attitude and expressed practice of undergraduate nursing students, in East Khasi Hills District, Meghalaya.

The study is delimited only to undergraduate nursing students during the period of study conducted, in East Khasi Hills, Meghalaya.

Research methodology

Research methodology was formed on the basis of the objectives. it includes research design, variables, settings, ethical consideration, population , sampling design , sample size , criteria of sample selection , development of data collection and tool , description of data collection tool .

Research design

Research design can be defined as a blueprint to conduct a research study, which involves the description of research approach, study settings, sampling size, sampling technique, tools and method of data collection and analysis to answer specific research questions or for testing research hypothesis.[24]

Research design is a plan of how, when and where data are to be collected and analysed. [24]

In the present study, Descriptive cross-sectional study design was used.

Variables

Variables are attributes or characteristics that can have more than one value, such as height or weight. In other words variables are qualities, quantities, properties, or characteristics of people, things, or situations that change or vary. [24]

Demographic variables

• Age, Gender, Religion, Educational Status.

Outcome variables

• Knowledge, Attitude and Expressed practice among undergraduate nursing students on Yoga.

Setting

The study was conducted at College of Nursing, NEIGRIHMS, Shillong, Meghalaya.

Ethical consideration

For conducting the research study, permission was obtained from the Principal, College of Nursing, NEIGRIHMS. Ethical Clearance was obtained from the NEIGRIHMS Scientific Advisory Committee (NSAC) and Institutional Ethical Committee (IEC), NEIGRIHMS. A written permission was taken from the Principal of

selected nursing institutions. Information sheet was provided and written consent was obtained from the participants. The participants were informed that they can withdraw from the study at any point of time.

Population

Population is the entire set of individuals or objects having some common characteristic(s) selected for the research study, sometimes referred to as the universe of the research study. [24]

In this study, the population comprised of undergraduate nursing students, College of Nursing, NEIGRIHMS, Shillong, Meghalaya.

Sampling design

Sample is a sub set of population elements selected by the researchers to participate in their research Project. [24] Sampling is the process of selecting a group of people, events, behaviour, or other elements that are representative of the population being studied.[24]

In this present study, Purposive sampling technique was used.

Sample size

Sample size is the number of the subjects, events, behaviour or situations that are examined in a study. [24]

A total of 182 participants studying in First year to fourth year B.Sc. Nursing of College of Nursing, NEIGRIHMS was taken.

Criteria for sample selection

Inclusion criteria

The study includes all the participants who are present.

Exclusion criteria

Those who are not willing to participate.

Development of data collection too

Tools are procedures or instruments used by the researcher to collect data.[24]

The following steps were adopted prior to the development of the tools

- The data collection tool was developed by doing an extensive Review of Literature.

- To develop an appropriate tool, review of the primary and secondary sources was also done.

- Suggestions of experts from various fields like Departments of Neurology, Psychiatry, Physiology, Sports, Nursing Staff at NEIGRIHMS.

Description of data collection tools

To collect necessary data, structured knowledge questionnaire, attitude scale questionnaire and semi structured questionnaire to assess the knowledge, attitude and expressed practices regarding yoga consisting of four sections was developed.

Section a

It comprises the demographic characteristics of the participants like Age, Gender, Religion and Educational qualification. It consists of 4 questions.

Section b

It comprises of 20 multiple choice questions which were based on the knowledge of the participants on Yoga. The maximum score was 20 and it was further classified into three categories that are Good knowledge score, Average knowledge score and Fair knowledge score.

Section c

It comprises of 12 questions that contains 5 responses that are Strongly Agree (SA), Agree (A), Neutral(N), Disagree(D) and Strongly Disagree (SD). For favourable statements the maximum score assigned was5 to strongly agree,4 to agree, 3 to neutral, 2 to disagree and 1 to strongly disagree. For unfavorable statements the maximum score assigned was 5 to strongly disagree, 4 to disagree, 3 for neutral, 2 to agree and 1 to strongly agree.

Section d

It comprises of 13 questions out of which 7 are semi structured questions and 6 are open-end questions based

on the expressed practices of Yoga. The frequency of each items was assessed.

Validity of tools

Validity of the tool was obtained from experts from various fields like Departments of Neurology, Psychiatry, Physiology, Sports, Nursing Staff at NEIGRIHMS. They gave their valuable suggestions and opinions which have been incorporated in the final version of the tools.

Pilot study

The pilot study was conducted on 4th March 2022 at Woodland Institute of Nursing, Shillong, Meghalaya, after obtaining prior permission from the concerned Principal of Woodland Institute of Nursing, Shillong, Meghalaya. Consent form were taken from the participants. Sample of the pilot study was 30 participants and entire data collection for each participant took 20-25 minutes, explanations of the study purpose and objectives and taking informed consent took 3-5 minutes.

It was conducted to test the feasibility and validity of the study. The pilot study was analysed and it was found to be feasible.

Data collection procedure for the final study

Prior to data collection, approval was taken from the Principal of college of Nursing NEIGRIHMS and data was collected on 25th may 2022. 182 number of participants who met the inclusion criteria were selected. Prior to data collection, Information sheet and consent form were given to the participants on the same day of data collection.

Time given to each participant for completing the questionnaire was approximately 20-25 minutes.

The data collection was done with the help of structured and semi structured questionnaires comprising of four sections. Section A comprises of demographic characteristics of the participants like Age, Gender, Religion and Educational qualification, section B consists of questions regarding the level of knowledge of the participants on yoga with maximum score of 20, a score of 1 was given for each correct response and 0 for each incorrect answer and there was no negative marking. Section C comprises of 12 questions that contains 5 responses that are Strongly Agree (SA), Agree(A), Neutral(N), Disagree(D) and Strongly Disagree (SD)

For favorable statements the maximum score assigned was 5 to strongly agree,4 to agree, 3 to neutral, 2 to disagree and 1 to strongly disagree. For unfavorable statements the maximum score assigned was 5 to strongly disagree, 4 to disagree, 3 for neutral, 2 to agree and 1 to strongly agree. Section D comprises of 13 semi structured questions based on expressed practices of Yoga.

Scoring

Knowledge

The scoring for knowledge questions is given in such a way that each correct response is awarded 1 mark. There is no negative marking for negative response. The maximum score is 20 and the minimum is 0.

Attitude

With regard to attitude scale, the respondents were asked to state the degree to which they agree or disagree to the statements mention in 5-degree scale (5 points Likert Scale). For favorable statements the maximum score assigned was 5 to strongly agree, 4 to agree, 3 to neutral, 2 to disagree and 1 to strongly disagree.

For unfavorable statements the maximum score assigned was 5 to strongly disagree, 4 to disagree, 3 for neutral, 2 to agree and 1 to strongly agree.

Expressed practices

The expressed practice semi-structured questionnaire has 13 items. The frequency of each items was assessed.

Interpretation of score

Based on the objectives of the study, score was interpreted using descriptive statistical analysis like frequency, percentage and bar diagram and Inferential statistics like chi square and Pearson method. Plans for data analysis were outlined as follows-

• Sample characteristic were analysed using descriptive statistics and inferential statistics.

• Knowledge of the participants regarding yoga were interpreted into Good, Average and Fair knowledge score and responses of the participants in frequency and percentage were shown with the help of tables and bar diagrams.

• Attitude of the participants regarding yoga were interpreted into favourable and unfavourable attitude and responses of the participants in frequency and percentage were shown with the help of tables.

• Expressed practices of yoga was analysed using descriptive statistics with the help of tables were similar responses were clubbed under a common theme.

• Association between knowledge and demographic variables was analysed using Chi-square value.

• Correlation between attitude and expressed practices was done using Karl Pearson method.

Analysis and interpretation of the study

• Analysis and interpretation of the data was done by using descriptive statistics like frequency, percentage, bar diagram and inferential statistics like chi square and Karl Pearson method.

Section 1

Findings related to the demographic data of the participants. Frequency and Percentage distribution of the participants according to the demographic data

Section 2

Findings related to the demographic data of the participants

Table 1: Frequency and percentage distribution of the participants according to demographic data. N =182

Demographic data	Frequency(f)	percentage (%)
AGE (in years)		
18-20	61	33.52
21 and above	121	66.48
Gender		
Female	21	11.54
Male	161	88.54
Religion		
Buddhist	2	1.1
IndIgenous	7	3.85
Islam	24	13.19
Christian	62	34.07
Hindu	87	47.8
Educational Status		
B. Sc. Nursing 1st year	43	23.63
B. SC. Nursing 2nd year	44	24.18
B. SC. Nursing 3rd year	47	25.82
B.Sc. Nursing 4th year	48	26.37

The above table shows the demographic variables of the participants. Majority of the participants in the study were mostly in the age group of 21 and above 66.48% (121) and 33.52% (61) were in the age group of 18-20 years, also 88.46% (161) participants were females and 11.54% (21) were males. 47.80% (87) participants were Hindu, 34.07% (62) were Christians,13.19% (24) were Islam, 3.85% (7) were Indigenous and 1.10(2) were buddhist. Majority of the participants belong to 3rd year 26.37% (48) followed by 25.82% (47) 1st year, 24.18% (44) 2nd year and 23.63% (43) 4th year.

Section 2: Findings related to the knowledge of the participants on Yoga.

1. Frequency distribution of the participants regarding knowledge on Yoga according to demographic data.

2. Domain-wise percentage distribution of knowledge of the participants on Yoga.

3. Batch wise percentage distribution of the participants regarding knowledge on Yoga according to domains.

Table 2: Frequency distribution of the participants regarding knowledge on Yoga according to demographic data. N=182

Demographic variables	Good knowledge	Average knowledge
Age (in years)		
18-20	27	34
21 and above	62	59
Gender		
Female	76	85
Male	10	11
Religion		
Christian	3	27
Hindu	39	48
Islam	8	16
Indigenous (donylpolo, niamtre and niam khasi)	6	1
Buddhist	1	1
Educational Status		
B. Sc. Nursing 1st year	23	24
B. SC. Nursing 2nd year	16	28
B. SC. Nursing 3rd year	26	22
B. Sc. Nursing 4th year	24	19

Table 2. Depicts that under age group 18 – 20 years 27 participants has good knowledge; 34 participants has average and none has fair knowledge. Above 21 years of age, 62 participants has good knowledge, 59 participants has average knowledge and none has fair knowledge. 76 female participants has good knowledge, 85 has average knowledge and none has fair knowledge, 10 male participants has good knowledge and 11 has average knowledge and none has fair knowledge. Under religion 35 Christian, 39 Hindu, 8 Islam, 6 indigenous, 1 buddhist, participant has good knowledge, 27 Christian, 48 Hindu, 16 Islam, 1 indigenous, 1 buddhist participants has average knowledge and none has fair knowledge. Under educational status 23 participants from 1st year has good knowledge and 24 has average knowledge; 16 participants from 2nd year has good knowledge, 28 has average knowledge and none has fair knowledge; 26 participants from 3rd year has good knowledge and 22 has average knowledge, 24 participants from 4th year has good knowledge, 19 has average knowledge regarding Yoga.

Frequency and percentage distribution of knowledge of the participants regarding yoga.

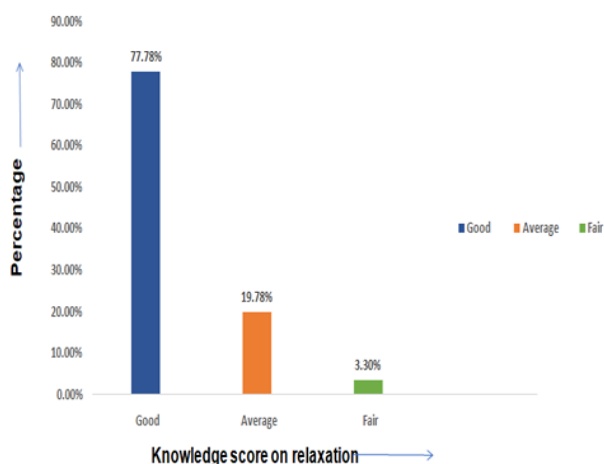Fig 1: A bar diagram depicting the general knowledge of the participants regarding Yoga in percentage. N=182
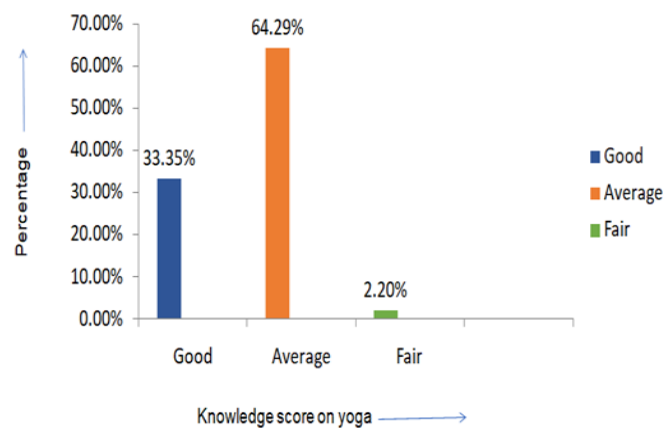
Data presented in fig.1 shows majority of the participants in the study have average knowledge of Yoga 64.29% (117) followed by 33.52% (61) good knowledge and 2.20% (4) have fair knowledge.

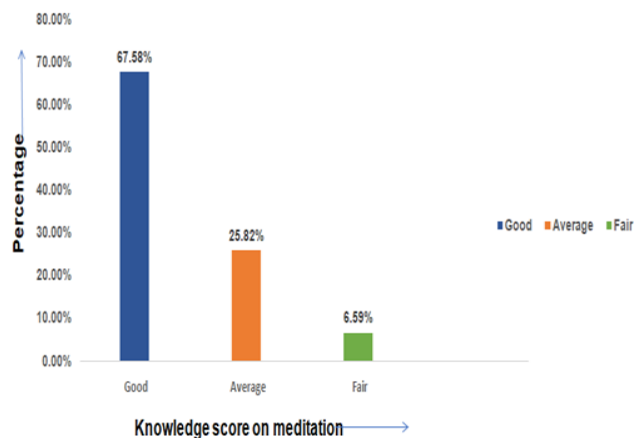Fig 2: A bar diagram depicting the knowledge on mindfulness of the participants in percentage. N=182
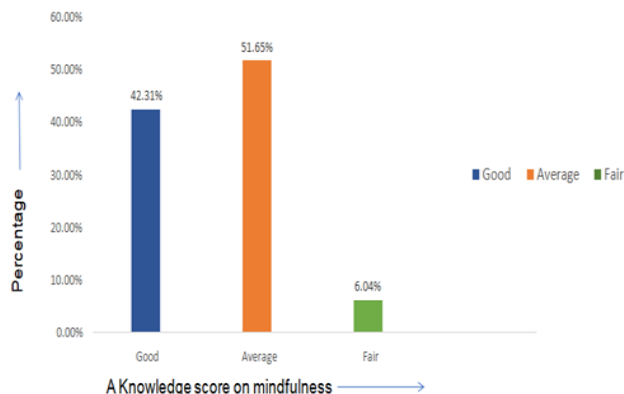
Data presented in fig 2. shows that majority of the participants have average knowledge of mindfulness 51.65% (94) followed by 42.31% (77) good knowledge and 6.04% (11) have fair knowledge.

Fig 3: A bar diagram depicting the level of knowledge of the participants on relaxation in percentage. N=182

Data presented in fig.3 shows that majority of participants in the study have good knowledge of relaxation 77.78% (140) followed by 19.78% (36) average knowledge and 3.30% (6) have fair knowledge.
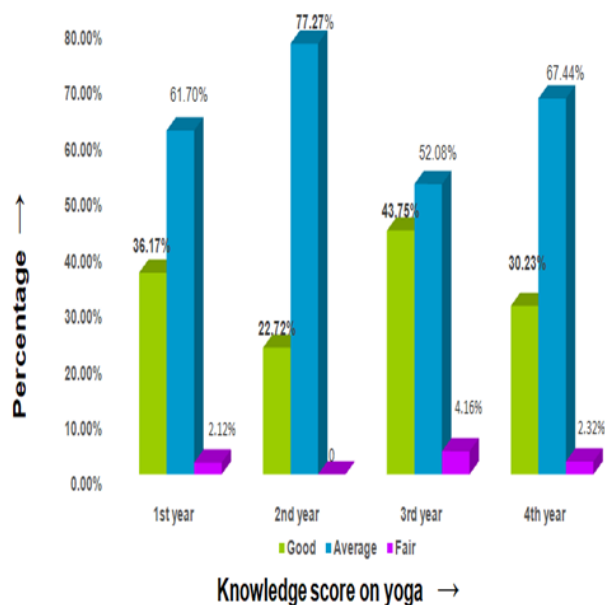
Fig 4: A bar diagram depicting the knowledge on meditation of the participants in percentage. N=182

Data presented in fig.4 shows that majority of participants in the study have good knowledge of relaxation 67.58% (123) followed by 25.82% (47) average knowledge and 6.59% (12) have fair knowledge.

Domain wise frequency and percentage distribution of knowledge of the participants on Yoga according to educational status.
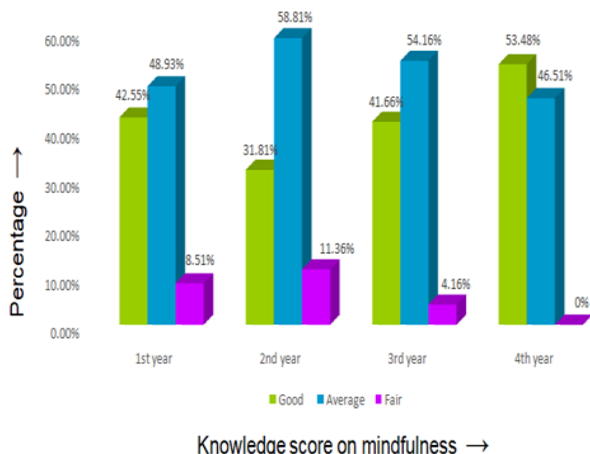
Fig 5: A bar diagram depicting the batch wise general knowledge of the participants in percentage. N=182

Data presented in fig 5. shows that majority of the participants of 2nd year have average knowledge of Yoga
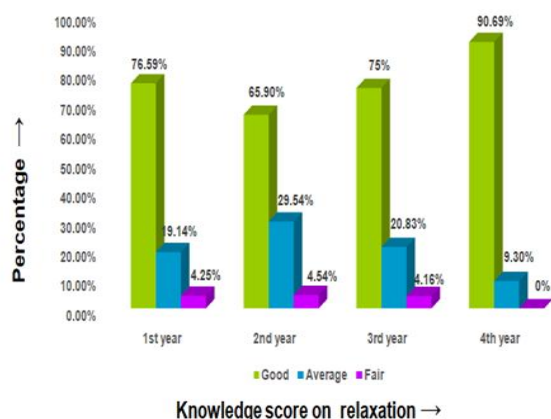
(77.27%) followed by 3rd year with good knowledge (43.75%) and 3rd year with fair knowledge (4.16%)

Fig 6: A bar diagram depicting the batch wise percentage distribution of level of knowledge score of the participants on mindfulness. N=182

Knowledge score on mindfulness →

Data presented in fig 6. shows that majority of the participants of 2nd year have average knowledge on mindfulness (58.81%) followed by 4th year with good knowledge (53.48%) and 2nd year with fair knowledge (11.36%)

Fig 7: A Bar diagram depicting the batch wise percentage distribution of level of knowledge of the participants on relaxation. N=182

Knowledge score on relaxation →

Data presented in fig 7. shows that majority of the participants of 4th year have good knowledge on relaxation (90.69%) followed by 2nd year with average

knowledge (29.54%) and 2nd year with fair knowledge (4.54%)

Fig 8: A bar diagram depicting the batch wise percentage distribution of level of knowledge Data presented in fig 8. shows that majority of the participants of 3rd year have good knowledge on meditation (77.08%) followed by 1st year with average knowledge (42.55%) and 4th year with fair knowledge (11.62%)

Section 3

1. Findings related to the attitude of participants regarding Yoga.

2. Frequency and percentage distribution of attitude of the participants regarding yoga

Table 3. Frequency and percentage distribution of attitude of the participants regarding yoga. N =182

Response	Frequency (f)	Percentage (%)
Favorable (≥ 50)	182	100
Unfavorable (< 49)	-	-

Table 3: depicts that all the participants have favorable attitude towards Yoga (100%)

Section 4: Findings related to expressed practice of participants regarding Yoga

1. Batch and domain wise frequency and percentage distribution of expressed practices of participants regarding yoga.

Table 4 a: Showing the frequency and percentage distribution of expressed practice regarding Mindfulness N=182

ITEMS	Frequency/ percentage															
	1st year				2nd year				3rd year				4th year			
	Yes		No		Yes		No		Yes		No		Yes		No	
	f	%	f	%	f	%	F	%	f	%	f	%	f	%	f	%
Practicing being aware of every moment and situation	36	76	11	23	24	54	20	45	34	70	14	29	15	34	28	65
Being aware of oneself while providing nursing care	45	95	2	4	44	100	-	-	48	100	-	-	43	100	-	-
Strategies of overcoming difficulties:																
Engaging in different hobbies	18	38	-	-	26	59	-	-	20	41	-	-	24	55	-	-
By sharing feeling	4	8	-	-	14	31	-	-	4	8	-	-	5	11	-	-
By timely completion of tasks	16	34	-	-	-	-	-	-	15	31	-	-	9	20	-	-
By praying	4	8	-	-	3	6	-	-	-	-	-	-	5	11	-	

Table 4 a depicts that majority of the participants who practice 'being aware of every moment and situation' belongs to 1st year i.e., 36 (76%) and least were from 4th year that is 15 (34%). The majority of the participants who practice 'being aware of oneself while providing nursing care' belongs to 2nd, 3rd, and 4th year i.e., 44 (100%), 48 (100%) and 43 (100%) and least were 1st year i.e. 45 (95%). To overcome difficulties majority of the participants of 2nd year i.e. 26(59%) engage in different hobbies and least participants of 1st year and 3rd year i.e. 4(8%) overcome difficulties by sharing feelings and participants of 1st year i.e. 4(8%) pray to overcome their difficulties.

Table 4 b: Showing the frequency and percentage distribution of expressed practices regarding Meditation. N=182

ITEMS	Frequency/ percentage															
	1st year				2nd year				3rd year				4th year			
	Yes		No		Yes		No		Yes		No		Yes		No	
	f	%	f	%	f	%	f	%	f	%	f	%	f	%	f	%

Practicing meditation	31	66	16	34	18	40	26	59	22	45	26	54	16	37	27	62
Enhances memory and concentration by doing meditation	37	78	10	21	31	70	13	29	39	81	9	18	28	65	15	34
Uses meditation as a strategy to cope with different stressors	35	74	12	25	21	47	23	52	34	70	14	29	22	51	21	48
Introducing a meditation routine is important for nursing students	43	91	4	8	42	95	2	4	45	93	3	6	37	86	6	13
Recommends meditation as a self-care activity	47	100	-	-	41	93	3	6	45	93	3	6	37	86	6	13

Table 4 b shows that majority of the participants who 'practice meditation' belongs to 1st year i.e., 31 (66%) and least were 4th year i.e., 16 (37%). The majority of the participants who agrees that practicing 'meditation enhances memory and concentration' were from 3rd year i.e., 39 (81%) least were from 4th year i.e., 28 (65%). The majority of the participants who uses 'meditation as a strategy to cope with different stressors' were from 1st year i.e., 35 (74%) and least were from 2nd year i.e., 21 (47%). The majority of the participants who agrees that 'introducing meditation routine is important for nursing students' were from 3rd year i.e., 45 (93%) and least were from 4th year i.e., 37 (86%). The majority of the participants who recommends meditation as a self-care activity belongs to 1st year i.e., 47 (100%) and least were from 4th year i.e., 37 (86%).

Table 4 c: Showing the frequency and percentage distribution of expressed practices regarding Relaxation. N=182

ITEMS	Frequency/ percentage															
	1st year				2nd year				3rd year				4th year			
	Yes		No		Yes		No		Yes		No		Yes		No	
	f	%	f	%	f	%	f	%	f	%	f	%	F	%	f	%
Practicing relaxation after is important	47	100	-	-	41	93	3	6	48	100	-	-	43	100	-	-
Relaxation technique after coming back from clinical duty and in stressful situation:																
Sleeping	28	59	-	-	25	56	-	-	39	81		-	25	58	-	-
Deep breathing	12	25	-	-	5	11	-	-	-	-	-	-	-	-	-	-
Music therapy	3	6	-	-	6	13	-	-	5	10	-	-	14	32	-	-
Taking frequent breaks	4	8	-	-	8	18	-	-	4	8	-	-	4	9	-	-

Table 4.c depicts that the majority of the participants who agrees that 'practicing relaxation is important' were from 3rd year, 4th year and 1st year i.e., 100% and least were from 2nd year i.e., 41 (93%). The relaxation technique used by the majority of the participants after coming back from clinical duty and in stressful situation is sleeping

were from 3rd year i.e., 39 (81%) and least who practice   i.e., 3 (6%)

music therapy as a relaxation technique were from 1st year

Section 5: Findings related to association of the knowledge of the participants with the demographic variables

Table 5. Chi- square value showing the association between knowledge and demographic variable. N=182

Demographic variable	Good	Average	Degree of freedom (df)	Tabulated value	Calculated value
Age (in years)					
18-20	27	34	1	3.84	0.8
21 above	62	59			
Gender					
Female	76	85	1	3.84	0
Male	10	11			
Religion					
Christian	35	27	4	9.49	8.12
Hindu	39	48			
Islam	8	16			
Indegenous	6	1			
Buddhist	1	1			
Educational Status					
B.Sc. 1st year	23	24	3	7.82	3.14
B.Sc. 2nd year	16	28			
B.Sc. 3rd year	26	22			
B.Sc. 4th year	19	24			

Level of significance p < 0.05

The association between the age of the participants (in years) and the knowledge regarding Yoga where the calculated value was found to be 0.8 which is lesser than the tabulated value 3.84 at a degree of freedom 1 with p < 0.05 with level of significance. Hence there is no association between age of the participants and knowledge regarding Yoga.

In the association between gender and knowledge regarding yoga the calculated value was found to be 0.00 which is lesser than the tabulated value 3.84 at a degree of freedom 1 with p < 0.05 level of significance. Hence there is no association between gender of the participants and knowledge regarding Yoga.

In the association between religion and knowledge regarding Yoga the calculated value was found to be 8.12 which is lesser than the tabulated value 9.49 at a degree of freedom 4 with p < 0.05 level of significance. Hence there is no association between religion of the participants and knowledge regarding Yoga. The association between educational status of the participants and knowledge of the participants regarding Yoga where the calculated value was found to be 3.14 which is lesser than the tabulated value 7.82 at a degree of 3 with p< 0.05 level of significance hence there is no association

between educational status of the participants and knowledge regarding Yoga.

Section 6: To find the correlation between attitude and expressed practice of the participants

Karl Pearson's formula

$r = \Sigma(x-Mx)(y-My)/\sqrt{\Sigma(x-Mx)^2\Sigma(y-My)^2}$

$= 0/\sqrt{(22197.5)(0)}$

$= 0$

By using the Karl Pearson's formula, r was found to be zero, therefore there is no correlation between the attitude and expressed practices of the participants.

Discussion

Yoga is a group of physical, mental and spiritual practices or discipline which was originated in Ancient India. It is an art and science of healthy living. It is a spiritual discipline based on subtle science, which aims in bringing peace between body and mind.

The aim of the present study is to assess the knowledge, attitude and expressed practices of yoga among undergraduate nursing students of selected nursing institutions, Shillong, Meghalaya.

In this section the major findings of the present study has been discussed.

The present study reveals that out of 182 participants, 117 (64.29%) have average knowledge followed by 33.52 % (61) good knowledge and 2.20 % (4) have fair knowledge on yoga.

The present study also reveals that out of 182 participants, 94(51.65%) have average knowledge followed by 42.31 % (77) have good knowledge and 6.04 % (11) have fair knowledge on mind fulness.

With regards to relaxation, 140(77.78%) partici pants have good knowledge followed by 19.78 % (36) have average knowledge and 3.30 % (6) have fair knowledge.

Regarding knowledge on meditation, majority of the participants, i.e., 123(67.58%) have good knowledge followed by 25.82 % (47) have average knowledge and 6.59 % (12) have fair knowledge.

A similar study was conducted by Sweta Tiwari to assess the knowledge regarding meditation and its effects on Mental health among B.Sc. Nursing Students at selected Colleges of Faridabad.

The Study was conducted using convenient sampling technique and a total of 100 samples were collected using the self - administered questionnaires. The findings of the study revealed that 11% of the B.Sc. Nursing students have above average level of knowledge, 77% have average knowledge and 12% have below level of knowledge regarding Meditation and its effect on mental health.

The study also reveals that all the participants has favorable attitude (100%) on yoga and majority of the participants has good expressed practices on yoga.

The study further reveals that there is no association between knowledge and demographic variables as well as there is no correlation between the attitude and expressed practices of the participants.

The similar study was conducted by Abhilash Venu Nathan et.al to assess the knowledge and attitude of nursing students towards yoga and other comple mentary alternative therapies in Kerala, India.

Stratified random sampling technique was used and data were collected from 300 under graduate nursing students by using NSAS (Nursing Students Attitude Scale) and knowledge questionnaire. Result shows that majority of the nursing students have adequate knowledge and a positive attitude towards yoga and other complementary and alternative therapies.

The study concludes that there should be provision remodelling in the traditional nursing educational system to integrate yoga and other complementary and alternative therapies in the nursing curriculum.

Findings related to the level of knowledge of the participants based on domains

According to the domains related to the level of knowledge majority of the participants 34 (77.27%) from 2nd year BSc. Nursing had average knowledge of Yoga, 25 (56.81%) of 2nd year BSc. Nursing had average knowledge on Mindfulness, 39(90.69%) of 4th year BSc. Nursing had good knowledge on Relaxation, 37 (77.08%) of 3rd year BSc. Nursing had good knowledge on meditation.

Findings related to the attitude score of the participants regarding yoga

Majority of the participants had favorable attitude toward Yoga (100%)

Findings related to the expressed practices of the participants

Majority of the participants who had good expressed practice are from 3RD Year BSc. Nursing.

Findings related to the association of knowledge of the participants with the selected demographic variable

There is no association between the knowledge of the participants with the demographic variable.

Findings related to the correlation between attitude and expressed practices of the participants

There is no correlation between the attitude and expressed practices of the participants.

and An experimental study can be done to assess the effectiveness of Yoga among Nursing Students

A regular Yoga session can be organized in Nursing Institutions.

Conclusion

Based on the findings of the study it can be concluded that majority of the participants have average knowledge regarding yoga, majority had favorable attitude and good expressed practices. The present study also revealed that there is no association between knowledge and demo graphic variables as well as no correlation between attitude and expressed practices.

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